

FROM THEIR HEARTS TO OURS!

# First Friday & First Saturday Devotions

AUGUST 4 & 5

ST. ANN

## FIRST FRIDAY DEVOTIONS

5:30 P.M. CONFESSION

6 P.M. MASS & EXPOSITION OF  
THE BLESSED SACRAMENT

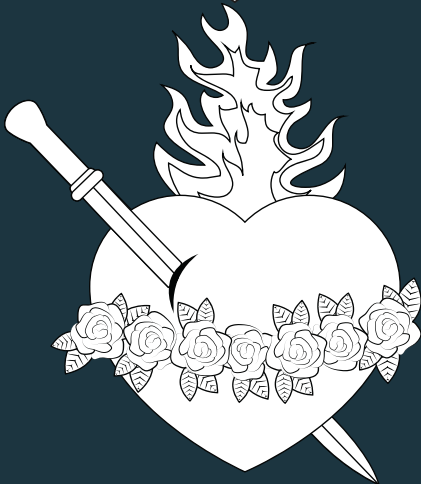
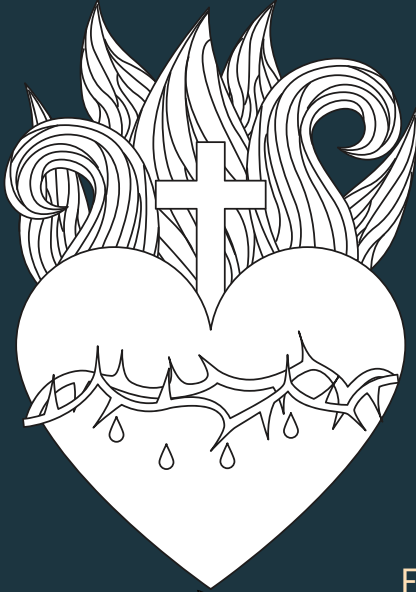
ALL NIGHT ADORATION  
STARTS AT 7 P.M. UNTIL 8  
A.M. ON AUGUST 5

## FIRST SATURDAY DEVOTIONS

8 A.M. CONFESSION

8:30 A.M. FIRST SATURDAY  
DEVOTIONS

9 A.M. BENEDICTION & MASS



## Why First Friday's & Saturday's?

The devotion to Jesus and Mary began under the titles of the "Sacred Heart of Jesus" and the "Immaculate Heart of Mary," in the 13th century.

However, the devotion to the Sacred Heart spread quickly when a cloistered nun, Sister Margaret Mary Alacoque, received a series of visions. Christ directed St. Margaret Mary to foster devotion to His Sacred Heart by making the first Friday of each month a special day of observance. Devotion to the Immaculate Heart of Mary developed alongside devotion to the Sacred Heart of Jesus. At Fátima, Portugal, the Blessed Mother asked for devotions to her Immaculate Heart to "assist at the hour of death with all the graces necessary for the salvation of their souls"

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- Holy Communion in a state of grace on nine consecutive first Fridays with the intention of making reparation to "the Heart that has loved men so and is loved so little in return."
- Jesus revealed 12 promises for those who practice the First Friday devotion.



Five consecutive Saturdays of each month: \

- Confession of sins
- Reception of Holy Communion
- Recitation of the Rosary & keeping Mary company for 15 minutes while meditating on the 15 mysteries of the Rosary,
- All offered in a spirit of reparation.